

NOTE:
Please read all instructions
carefully before using this
product

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Model
MCB-5693

Retain This
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Reference

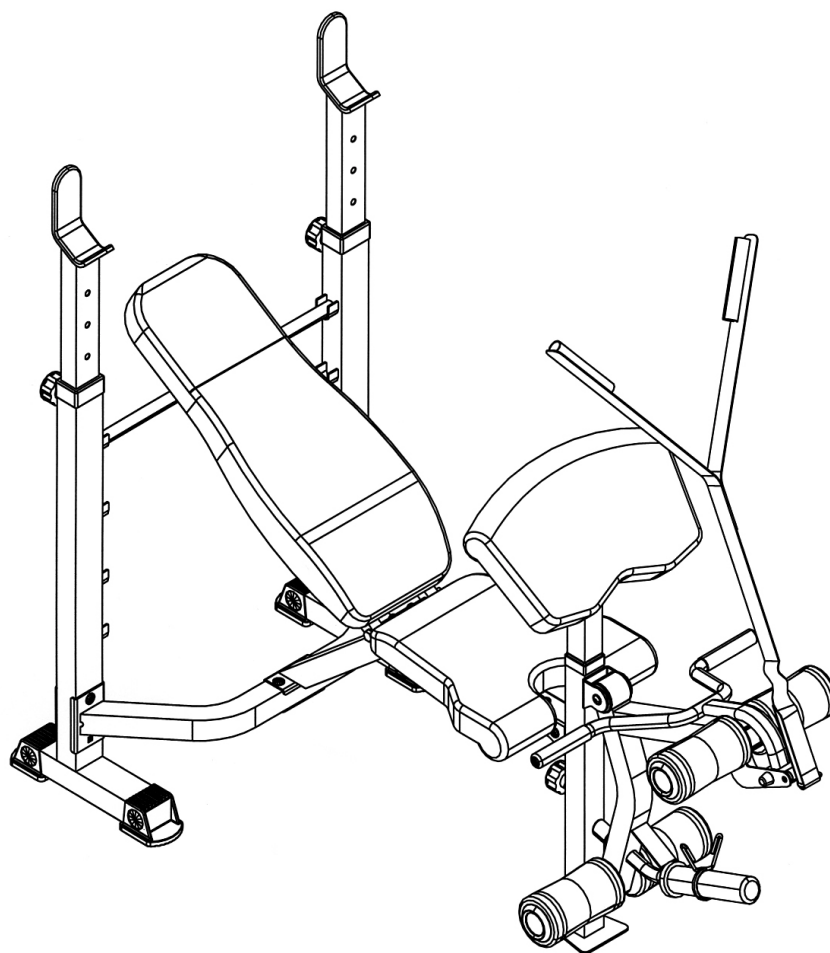
07-23-08

OWNER'S
MANUAL

IMPEX

MARCY CLASSIC WEIGHT BENCH

MCB-5693



IMPEX[®] INC.

14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746

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info@impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting the MARCY CLASSIC WEIGHT BENCH MCB-5693 by IMPEX INC. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number.* Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. – Fri. 9 a.m. – 5 p.m. PST

www.impex-fitness.com

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.
13. Maximum user's weight: 300 lbs.
14. Maximum weight on uprights: 600 lbs.
15. Maximum weight on leg developer: 100 lbs.

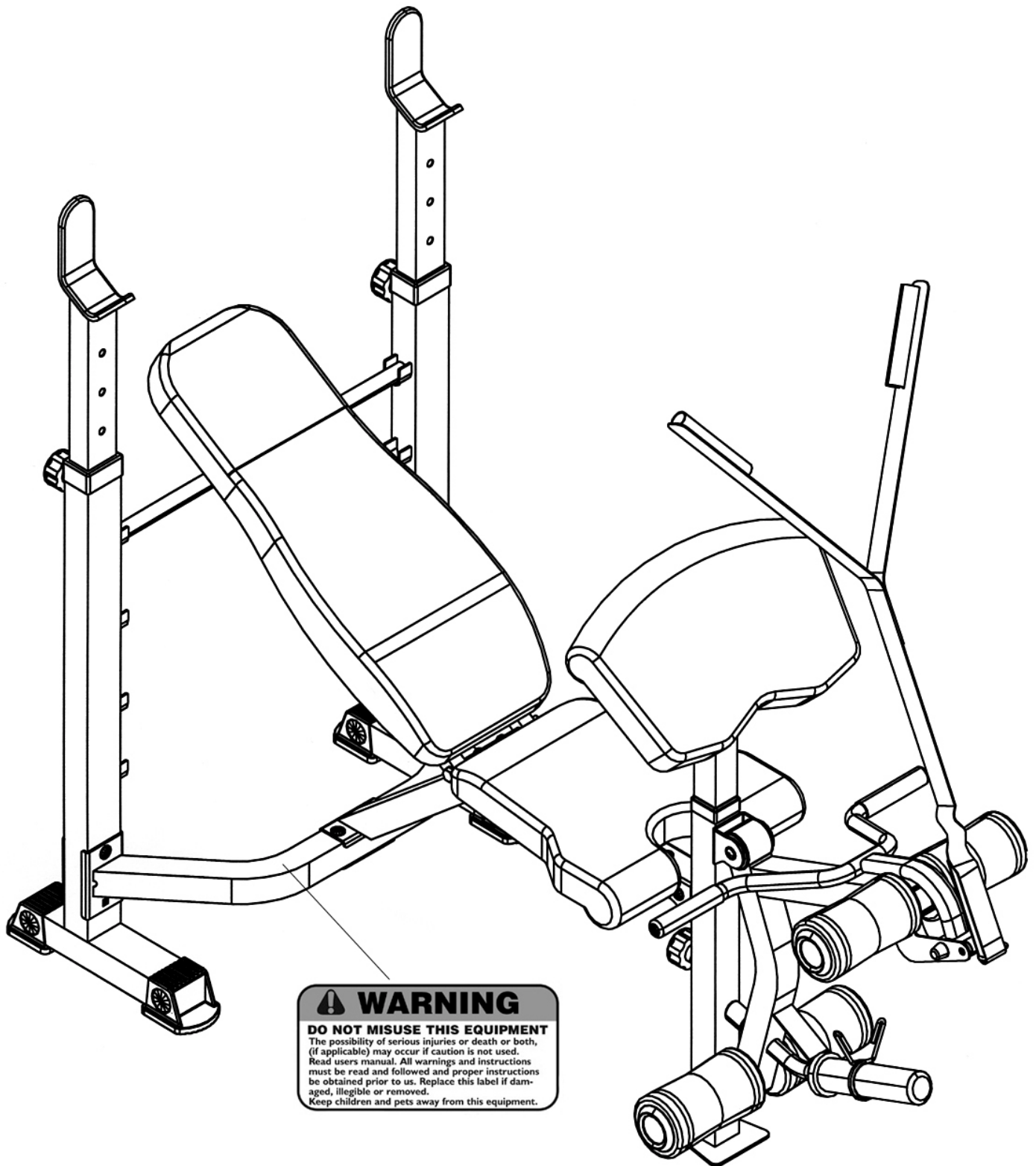
CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

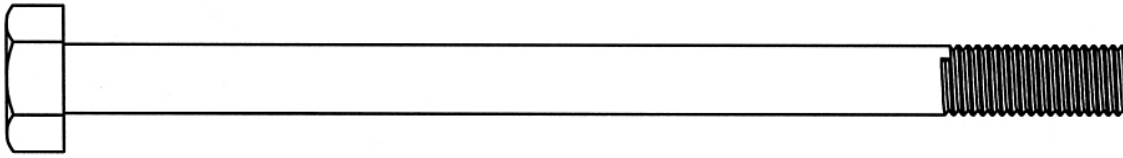
WARNING LABEL REPLACEMENT



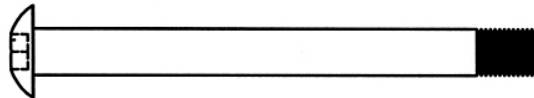
The Warning Label shown here has been placed on the Cross Brace. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown

HARDWARE PACK

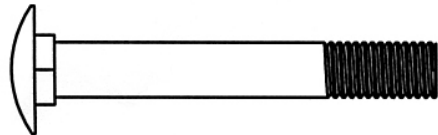
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



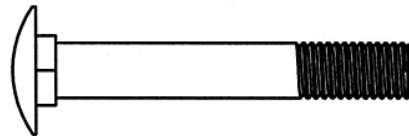
#43 M12 x 7 $\frac{1}{4}$ " Hex Bolt (Qty 1)



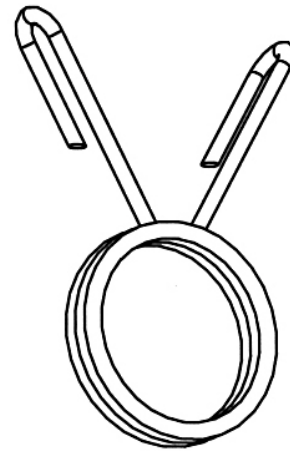
#48 M8 x 3 $\frac{1}{2}$ " Allen Bolt (Qty 1)



#42 M10 x 2 $\frac{3}{4}$ " Carriage Bolt (Qty 4)



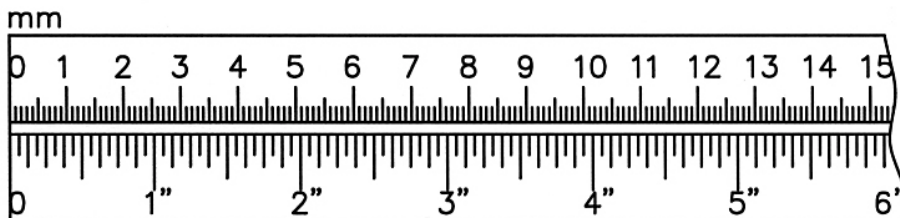
#41 M10 x 2 $\frac{1}{2}$ " Carriage Bolt (Qty 4) #20 Spring Clip (Qty 1)



#50 M10 Aircraft Nut (Qty 10)

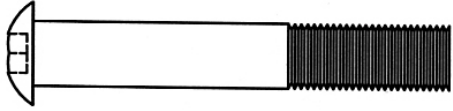
#49 M8 Aircraft Nut (Qty 1)

#51 M12 Aircraft Nut (Qty 1)



HARDWARE PACK

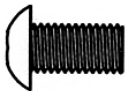
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



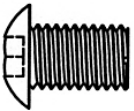
#44 M10 x 2 $\frac{1}{2}$ " Allen Bolt (Qty 2)



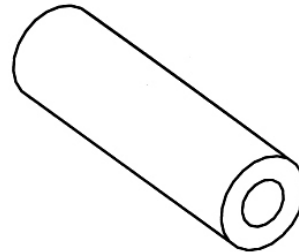
#47 M8 x 1 $\frac{1}{2}$ " Allen Bolt (Qty 8)



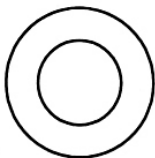
#46 M8 x $\frac{5}{8}$ " Allen Bolt (Qty 2)



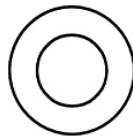
#45 M10 x $\frac{5}{8}$ " Allen Bolt (Qty 2)



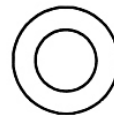
#54 Axle (Qty 1)



#40 \varnothing 1" Washer (Qty 2)

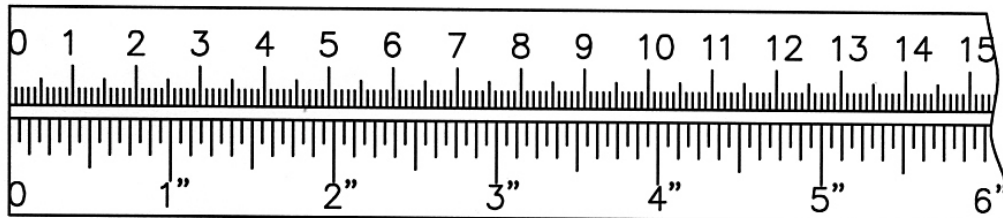


#39 \varnothing $\frac{3}{4}$ " Washer (Qty 14)



#38 \varnothing $\frac{5}{8}$ " Washer (Qty 12)

mm



ASSEMBLY INSTRUCTION

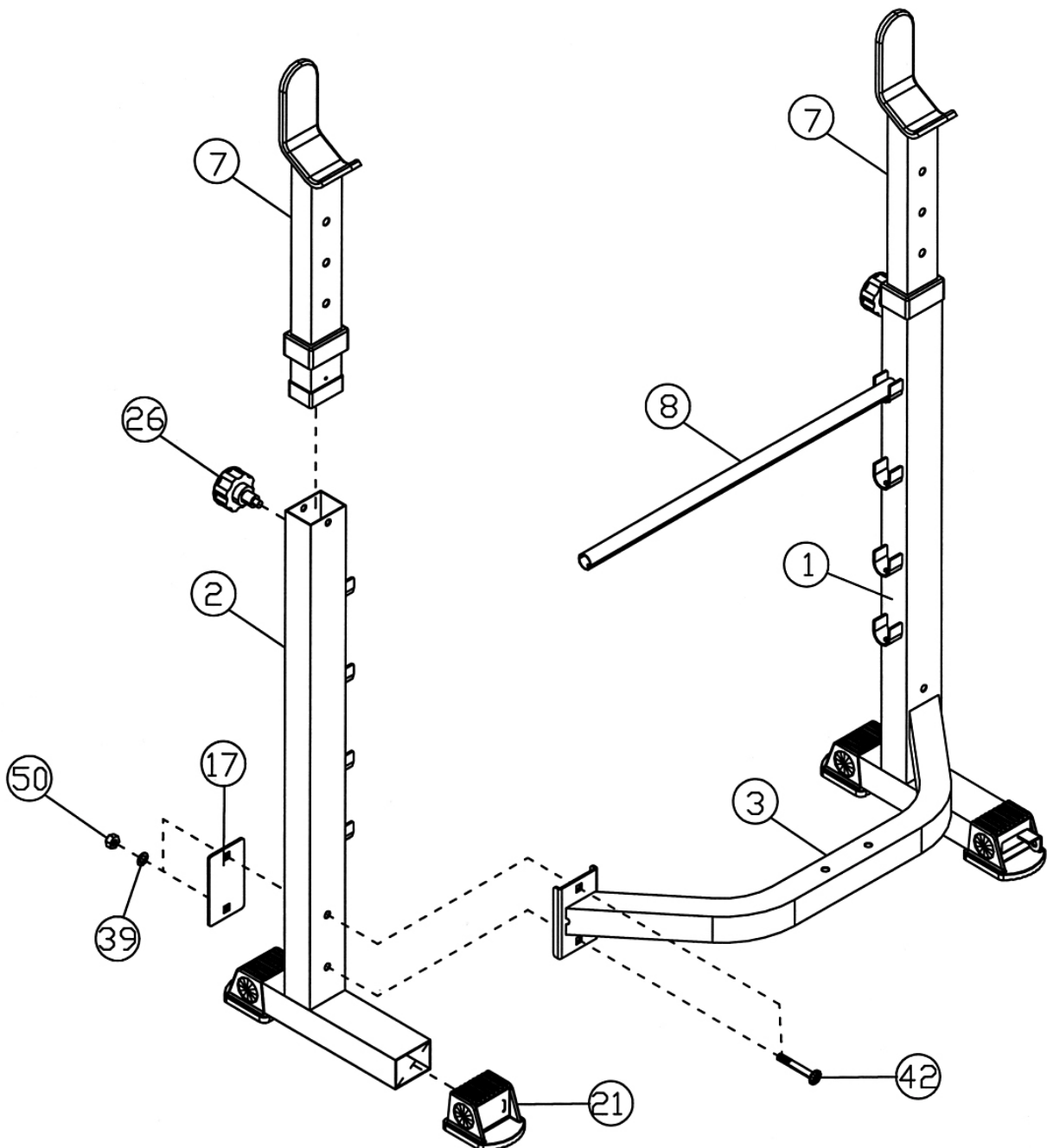
Tools Required for Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.

NOTE: It is strongly recommended that two or more people assemble this machine to avoid possible injury.

STEP 1 (See Diagram 1)

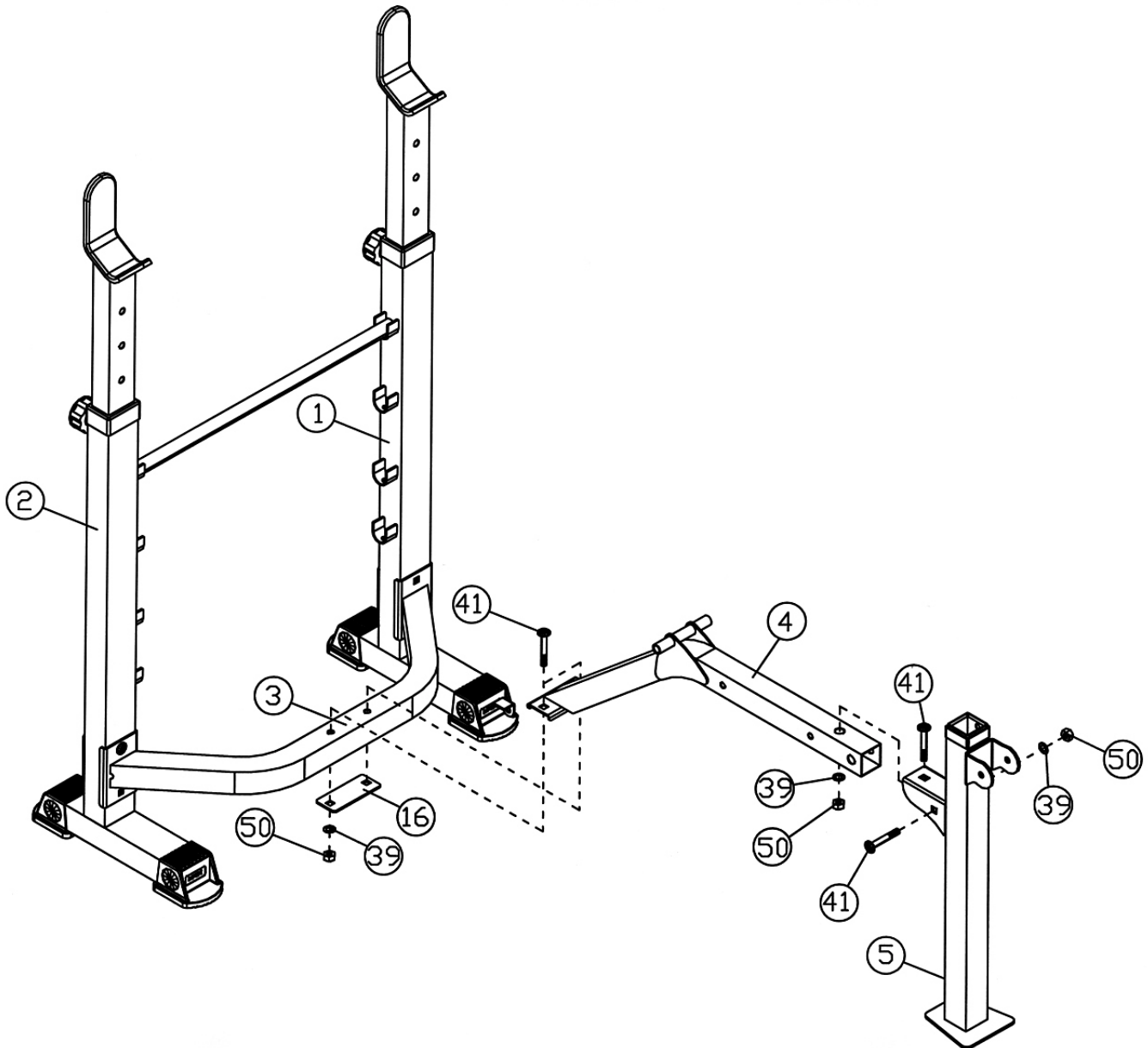
- A.) Plug four 2 3/4" x 2" End Cap (#21) onto the Left and Right Upright Beams (#1) & (#2).
- B.) Connect the Left and Right Upright Beams with a Cross Brace (#3) in the mid-span. Secure each end of the Cross Brace with two M10 x 2 3/4" Carriage Bolts (#42), one 4 3/4" x 2 3/4" Bracket (#17), two Ø 3/4" Washers (#39), and two M10 Aircraft Nuts (#50).
- C.) Place the Backrest Adjustment Bar (#8) onto the selected slot on the Upright Beams to obtain desired backrest incline.
- D.) Insert the two Crutches (#7) into the two Upright Beams. Use the Lock Knob (#26) to lock the Crutch in desired position.

DIAGRAM 1



STEP 2 (See Diagram 2)

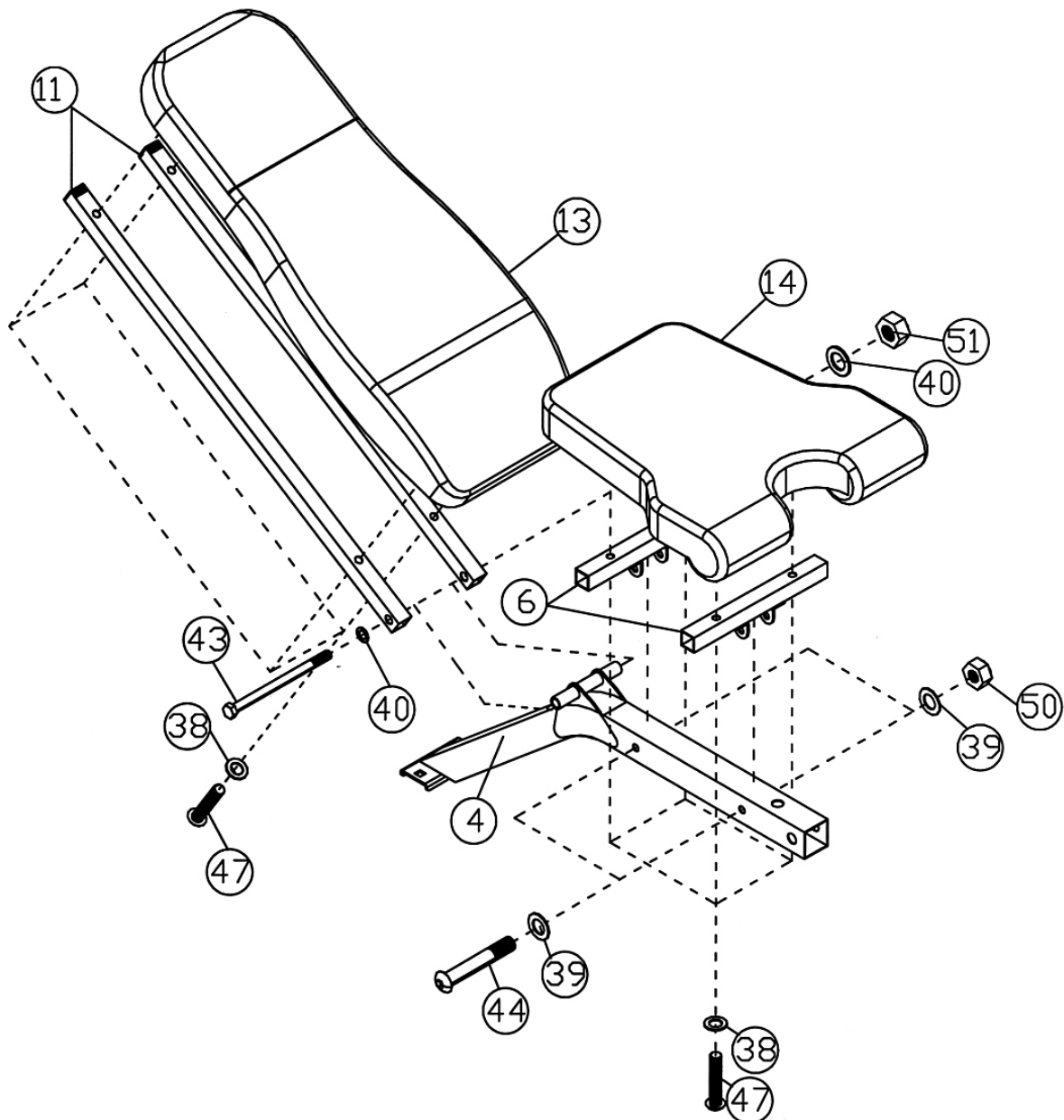
- A.) Attach the Main Seat Support (#4) to the Leg Developer Holder (#5). Secure it with two M10 x 2 1/2" Carriage Bolts (#41), two Ø 3/4" Washers (#39), and two M10 Aircraft Nuts (#50). **Do not tighten the Nuts and Bolts yet.**
- B.) Attach the Main Seat Support to the Cross Brace (#3). Secure it with two M10 x 2 1/2" Carriage Bolts (#41), two Ø 3/4" Washers (#39), and two M10 Aircraft Nuts (#50).
- C.) **Securely tighten all Nuts and Bolts.**

DIAGRAM 2

STEP 3 (See Diagram 3)

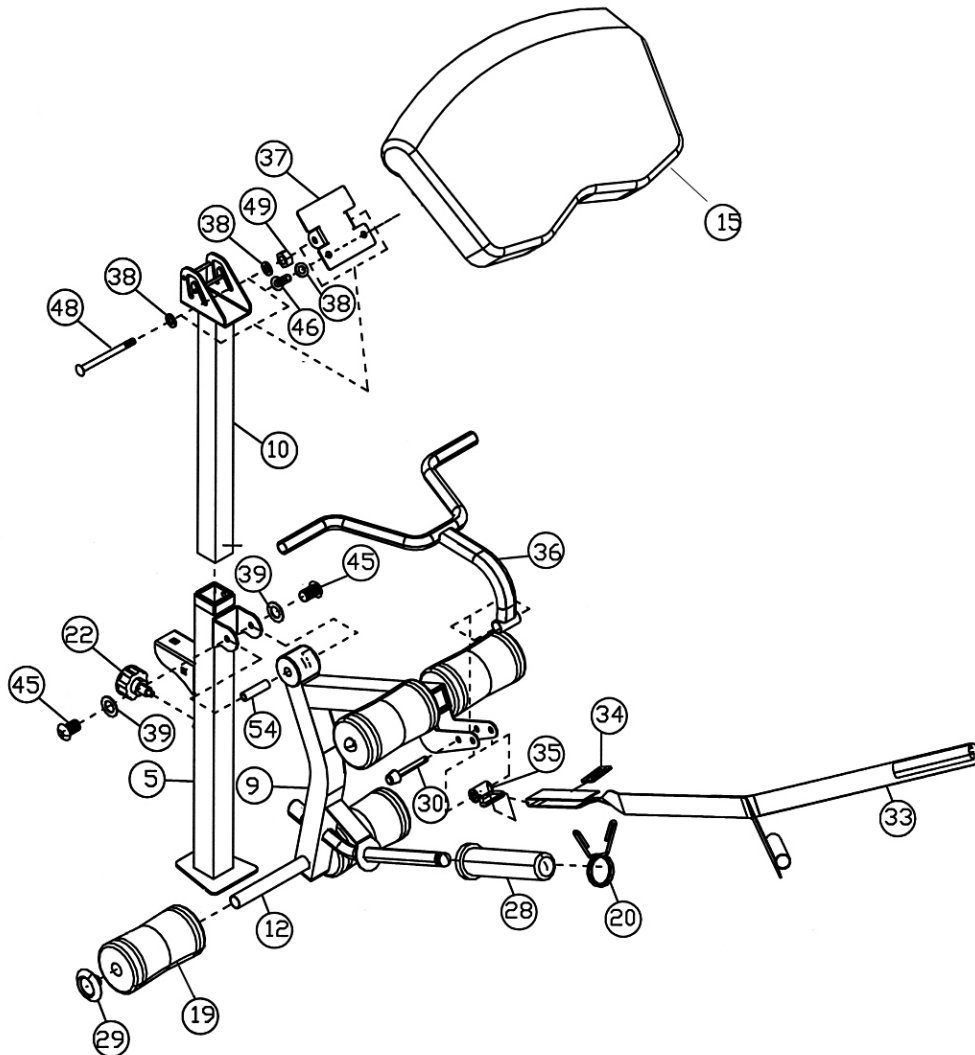
- A.) Attach the side-holes on the end of the Backrest Supports (#11) to the pivot on the Main Seat Support (#4). Secure them together with one M12 x 7 ¼" Hex Bolt (#43), two Ø 1" Washers (#40) and one M12 Aircraft Nut (#51).
- B.) Attach the Backrest Board (#13) to the Backrest Supports. Secure it with four M8 x 1 ½" Allen Bolts (#47) and Ø 5/8" Washers (#38). Place the other end of Backrest Board rest against the Backrest Adjustment Bar.
- C.) Attach the two Seat Brackets (#6) onto the Main Seat Support. Secure each Seat Bracket with one M10 x 2 ½" Allen Bolts (#44), two Ø ¾" Washers (#39), and one M10 Aircraft Nut (#50).
- D.) Place the Seat Pad (#14) onto the Seat Brackets. Secure it with four M8 x 1 ½" Allen Bolts (#47) and Ø 5/8" Washers (#38).

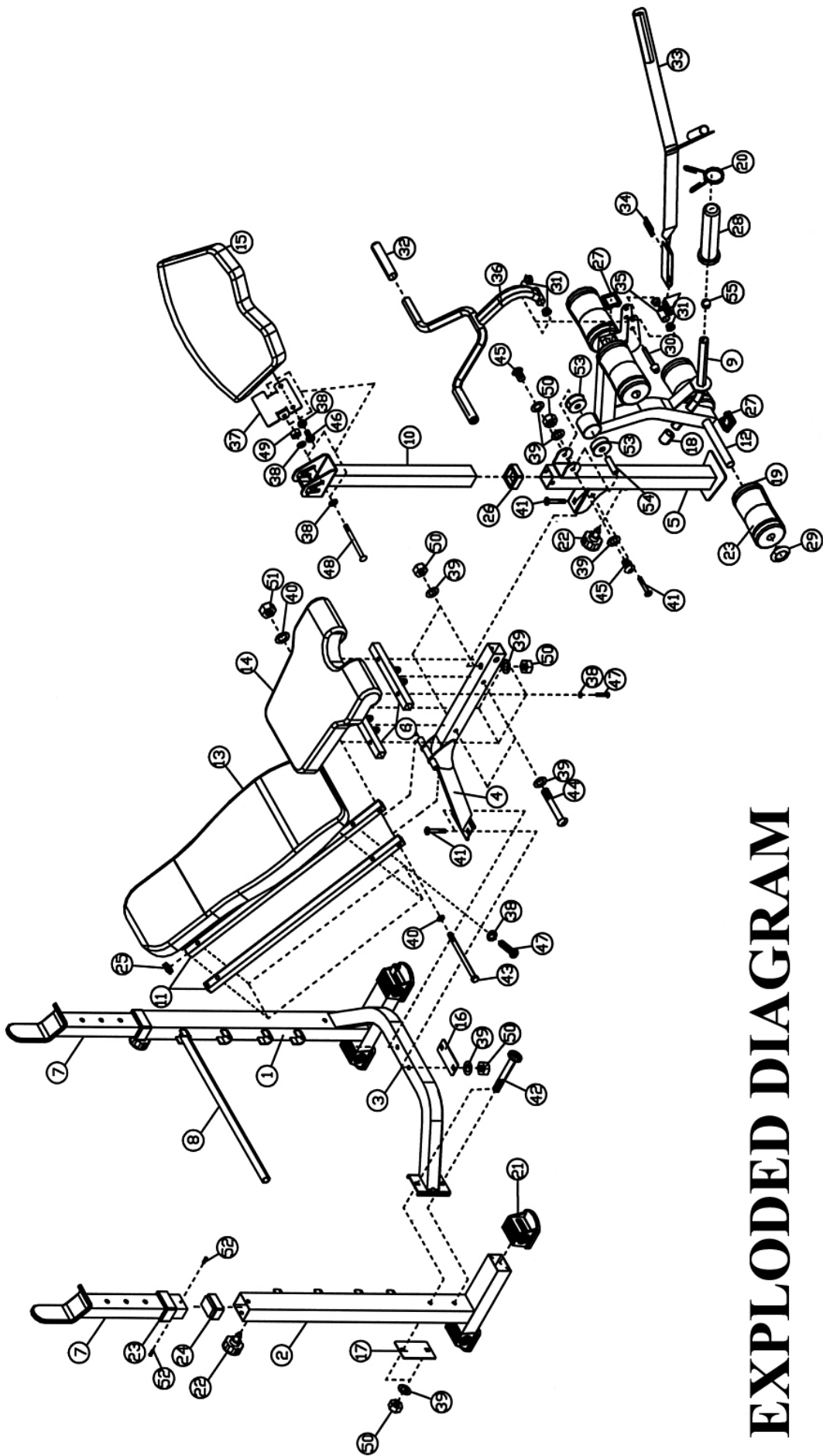
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer (#9) to the Leg Developer Holder (#5). Secure it with one Axle (#54), two M10 x 5/8" Allen Bolts (#45), and two $\text{\O} \frac{3}{4}$ " Washers (#39).
- B.) Insert two Foam Tubes (#12) halfway through the holes on the Leg Developer. Push four Foam Rolls (#19) onto the Tubes from both ends. Plug four Foam Roll End Caps (#29) into the ends.
- C.) Slide an Olympic Sleeve (#28) onto the weight post on the Leg Developer. Attach a Spring Clip (#20) to the Sleeve.
- D.) Attach the Arm Curl Handle (#36) to the back holes on the Leg Developer. Secure it with one Lock Pin (#30). Attach the Abdominal Strap (#33) to the front holes on the Leg Developer. Secure it with another Lock Pin.
- E.) Attach the Arm Curl Pad (#15) to the Arm Curl Bracket (#37). Secure it with two M8 x 5/8" Allen Bolts (#46) and two $\text{\O} \frac{5}{8}$ " Washers (#38). Attach the Arm Curl Bracket to the bracket on Arm Curl Stand (#10). Insert the M8 x 3 1/2" Allen Bolt (#48) through the open track on the Arm Curl Stand and the hole on Arm Curl Bracket then secure with two $\text{\O} \frac{5}{8}$ " Washers (#38) and one M8 Aircraft Nut (#49). **Do not over tighten the Nut and Bolt. Make sure the Bolt slides on the track freely.**
- F.) Insert the Arm Curl Stand into the Leg Developer Holder. Use the Lock Knob (#22) to lock the Arm Curl Stand in position.
- G.) Pull and flip up the Arm Curl Pad along the track facing the back when doing Abdominal exercises using the Abdominal Strap.
- H.) Remove Abdominal Strap and Arm Curl Handle when doing Leg Developer exercises.





EXPLODED DIAGRAM

PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
			46	M8 x 5/8" Allen Bolt	2
			47	M8 x 1 1/2" Allen Bolt	8
			48	M8 x 3 1/2" Allen Bolt	1
1	Left Upright Beam	1	49	M8 Aircraft Nut	1
2	Right Upright Beam	1	50	M10 Aircraft Nut	10
3	Cross Brace	1	51	M12 Aircraft Nut	1
4	Main Seat Support	1	52	ST2.9 Screw	4
5	Leg Developer Holder	1	53	Ø 2 3/8" Bushing	2
6	Seat Bracket	2	54	Axle	1
7	Crutch	2	55	Ø 1" End Cap	1
8	Backrest Adjustment Bar	1		#5 Allen Wrench (Tool)	1
9	Leg Developer	1		#6 Allen Wrench (Tool)	2
10	Arm Curl Stand	1			
11	Backrest Support	2			
12	Foam Tube	2			
13	Backrest Board	1			
14	Seat Pad	1			
15	Arm Curl Pad	1			
16	4 3/8" x 1 3/4" Bracket	1			
17	4 3/4" x 2 3/4" Bracket	2			
18	Ø 1 1/4" x Ø 1" End Cap	1			
19	Foam Roll	4			
20	Spring Clip	1			
21	2 3/4" x 2" End Cap	4			
22	Lock Knob	3			
23	Crutch Sleeve	2			
24	3" x 2 1/4" End Cap	2			
25	1" Square End Cap	2			
26	2" Arm Curl Stand Sleeve	1			
27	1 3/4" End Cap	2			
28	Olympic Sleeve	1			
29	Foam Roll End Cap	4			
30	Lock Pin	2			
31	Ø 1" Bushing	4			
32	Grip	2			
33	Abdominal Strap	1			
34	Strap Buckle	1			
35	Abdominal Strap Connector	1			
36	Arm Curl Handle	1			
37	Arm Curl Bracket	1			
38	Ø 5/8" Washer	12			
39	Ø 3/4" Washer	14			
40	Ø 1" Washer	2			
41	M10 x 2 1/2" Carriage Bolt	4			
42	M10 x 2 3/4" Carriage Bolt	4			
43	M12 x 7 1/4" Hex Bolt	1			
44	M10 x 2 1/2" Allen Bolt	2			
45	M10 x 5/8" Allen Bolt	2			

IMPEX[®] INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX[®]") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. **Register on-line at www.impex-fitness.com**

IMPEX[®] INC.
14777 Don Julian
City of Industry, CA 91746

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

info@impex-fitness.com

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase